UCLA Shoulder Score

Patient Name: __________________________
Date: ________________________________

1. Pain

☐ Present always and unbearable; strong medication frequently +1
☐ Present always but bearable; strong medication occasionally +2
☐ None or little at rest, present during light activities; salicylates used frequently +4
☐ Present during heavy or particular activities only; salicylates used occasionally +6
☐ Occasional and slight +8
☐ None +10

2. Function

☐ Unable to use limb +1
☐ Only light activities possible +2
☐ Able to do light housework or most activities of daily living +4
☐ Most housework, shopping, and driving possible; able to do hair and to dress and undress, including fastening brassiere +6
☐ Slight restriction only; able to work above shoulder level +8
☐ Normal activities +10

3. Active forward flexion

☐ ≥150° +5
☐ 120-150° +4
☐ 90-120° +3
☐ 45-90° +2
☐ 30-45° +1
☐ <30° +0

4. Strength of forward flexion

☐ Grade 5 (normal) +5
☐ Grade 4 (good) +4
☐ Grade 3 (fair) +3
☐ Grade 2 (poor) +2
☐ Grade 1 (muscle contraction) +1
☐ Grade 0 (nothing) +0

5. Satisfaction of the patient

☐ Satisfied and better +5
☐ Not satisfied and worse +0

Dominant Hand:  R  L  Both  (Circle One)
Affected Arm:   R  L  (Circle One)
**Scoring Instructions:**
Score: Summation of Points
Score: _____ Points